



Pat Altvater

Author. Trainer. Video Consultant.

Pat's specialty is transforming perfectionism into *PROGRESS!*

A Few Presentation Topics:

Video - It's here to stay! 3 Keys to Showcasing Your Expertise and Growing Your Business using Internet Video

- **Plan** - To integrate your video strategy into your marketing plan
- **Prepare** - To BE confident, authentic and credible on camera, with a call to action and script that converts
- **Present** - To be perceived as an expert in your field, with charisma and confidence on camera

Recognizing and Reframing Perfectionism! The Secrets To Creating a Success Mindset

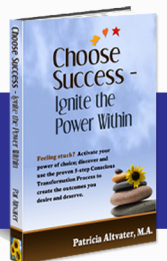
- **Learn** the 5 step Choose Success Process that changes mindsets
- **Discover** the subconscious dynamics of perfectionism and learn to reframe it
- **Release** old patterns and build new powerful behaviors that result in achieving desired outcomes

5 Peak Performance Strategies

- **Learn** the essential daily activities that allow peak performance
- **Discover** how to make permanent lifestyle changes
- **Create** energetic balance in body, mind, spirit

All of Pat's presentations can be delivered as a keynote, breakout or half or full-day formats to meet your group or organization's needs.

Pat will customize a presentation, based on her book *Choose Success - Ignite the Power Within*, to meet your group needs and timeframe.



Retreats:

Transform Yourself Weekend Retreat

Your group will learn the Be-Do-Have model in this interactive retreat which can be customized to meet the requirements of your team or organization. They will discover unconscious beliefs that keep them from achieving and replace those with patterns of thought and action that guarantee ongoing success.

A partial list of Pat's clients include:

- First Solar
- Heartland Payment Systems
- Mosser Construction
- Owens Community College
- ITT Technical Institute
- SRC Software
- eWomen Network
- Indy Holistic Hub
- Arbonne International
- SRC Software
- Adaytum Software
- Independent Bank
- Panczner and Associates
- Davis College
- Toledo Area Public Schools
- Cadillac Chamber of Commerce
- Arrowhead Massage Therapy
- Women's Entrepreneurial Network
- Monroe Community College
- Curves for Women
- Washtenaw Community College

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Rave Reviews:

“Energetic” “Engaging” “Educational”
are the words most commonly used to describe Pat Altvater

"Pat's engaging keynote helped us bring awareness to and then eliminate those beliefs holding us back from achieving our best. I highly recommend Pat Altvater to anyone who wants to provide their group with a session that is a life changing experience!"

Irina Haydon, Vice President
Heartland Payment Systems

"Pat Altvater truly speaks from her heart and gains instant audience credibility with her authenticity, approachable nature and FUN demeanor. She inspires people to think differently and shows them how easy it is to accelerate their business. She has a great deal of knowledge and wisdom to share."

Michelle Blood, Owner
Musivation

"Pat, great presentation last night, very spirited and right on! I truly enjoyed listening to you share the wisdom you have gained over your years as an entrepreneur. Thank you again for giving everyone some great food for thought. Oh, by the way, I read your book and LOVED IT!"

Carol Kirken, NVP
Arbonne International

Credentials:

Author, *Choose Success - Ignite the Power Within*

Founder and Creator, *BizTV Shows*

Video Show Host, *Internet Video Marketing*
Growing Your Business with Video

Author, *The Choose Success Guide: To*
Creating Online Video Scripts That Convert!

Producer, *Transformation Trilogy CD Set*

Creator, *Women's Outsmarting Weight System*

Meet Pat Altvater:

Author, trainer, consultant, Pat Altvater, has natural credibility which inspires her audiences to take action. Her over 15 years of sales and sales management experience coupled with 10 years of entrepreneurship gives her the ability to relate to her audiences. Her infectious positive "can-do" attitude has helped hundreds of individuals reach their highest potential.

In her entertaining, high-energy style, she packs her presentations full of how-to's, tools and worksheets, real life story and humor - leaving people saying "WOW - I can BE and DO this now."

During every presentation, Pat lives her mission of "*helping others showcase their expertise and achieve their desired results.*" With more than 20 years experience delivering training programs, workshops and retreats, Pat consistently receives rave reviews.

Contact Pat Today:



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Author, Trainer, Consultant

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